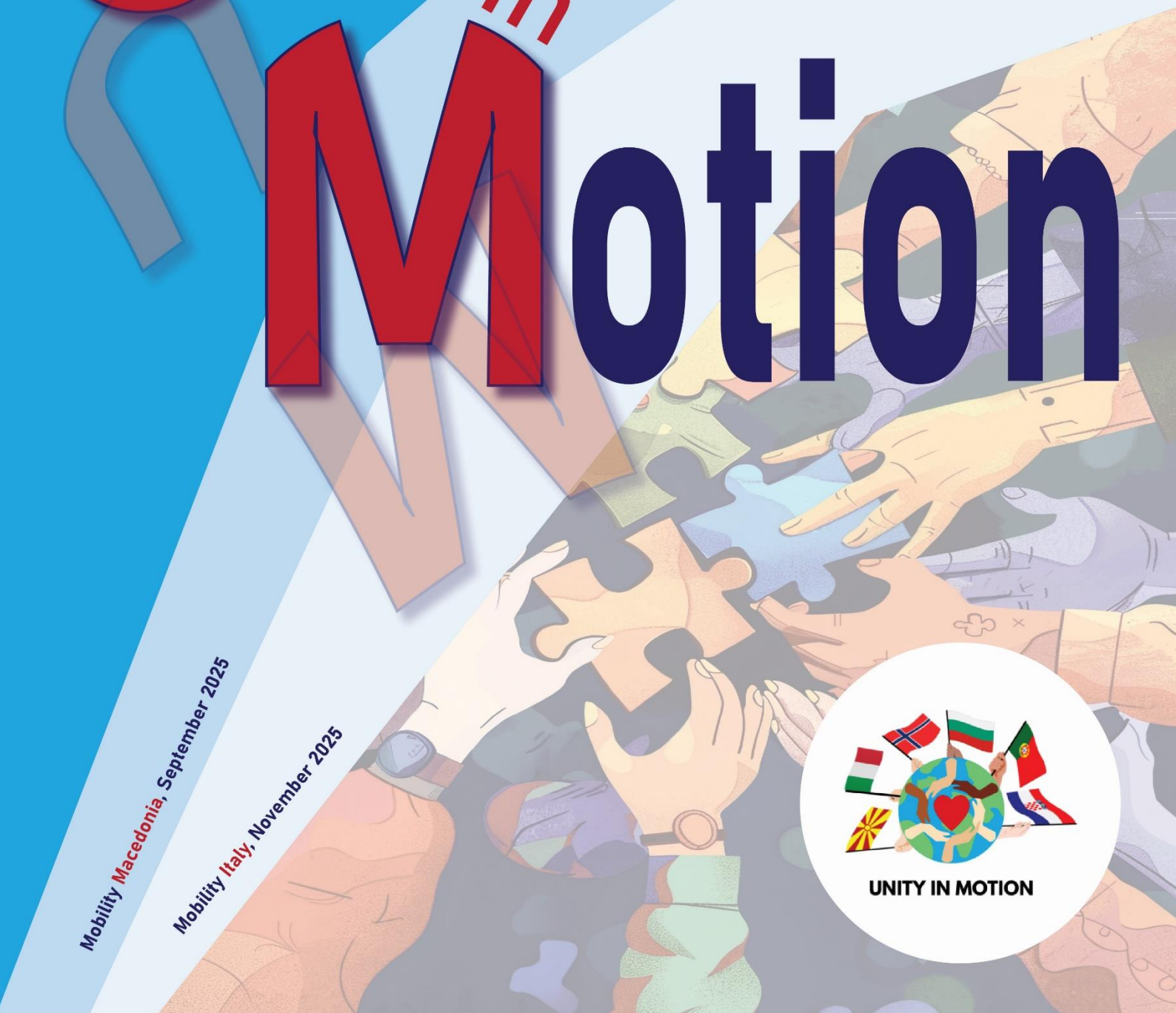
E-magazine

Issue #2
December 2025

Unity in Motion

Erasmus+

2024-2026



Mobility Macedonia, September 2025

Mobility Italy, November 2025

UNITY IN MOTION



Mobility Macedonia

BITOLA, SEPTEMBER 2025

Participating in the Erasmus project in Macedonia was a very special experience for us. The project took place in Bitola, where we welcomed students and teachers from different countries. From the first day, we warmly greeted our guests at our school, SOU "Taki Daskalo," and helped them feel comfortable and welcome. During the week, we took part in various activities such as workshops, sports activities and we also took part in programming activities related to virtual reality (VR) in the faculty of communications and technology "FICT" . We also showed our guests the city of Bitola and its cultural and historical places, including the City Museum and the ancient site of Heraclea Lyncestis. One of the most exciting days was the trip to Ohrid, a UNESCO World Heritage site, where we enjoyed the beautiful lake and spent time paddling on the lake. We also visited Pelister National Park and took part in outdoor activities, which helped us enjoy nature and learn more about our country. Throughout the project, we made new friendships and shared our culture and traditions. At the end of the week, we felt proud to represent Macedonia and happy to be part of such an unforgettable Erasmus experience.









We would like to thank you for giving us this Unique and Precious Opportunity that many would have liked to experience!

Remarkable, Unity, and Unforgettable are words that undoubtedly describe our week in North Macedonia. During the week, we met incredible people who will stay in our hearts forever, thanks to their hospitality, companionship, and kindness.

The host families were amazing in the way they welcomed us! Throughout the week, we were able to experience the culture of a new country and also get in touch with many others.





Talking about the activities carried out during the week (such as padel, the one involving artificial intelligence, cultural activities, scientific activities, sports activities, …), they were all amazing, interactive, and certainly essential for the Erasmus group to come closer together and build a strong bond.

We could clearly see from the tears and the long hugs on the last day that everyone was truly connected and united.





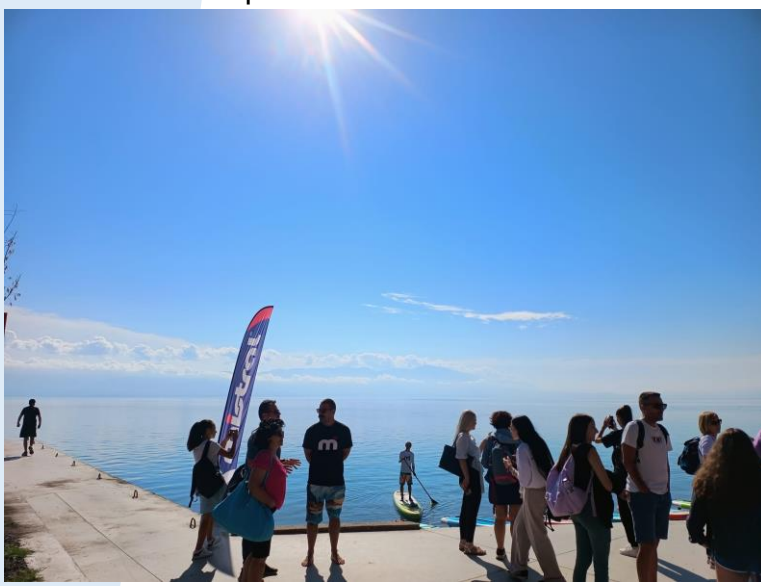
This whole experience gave us unforgettable memories, made us grow as individuals, and allowed us to gain very important knowledge for our lives!





We experienced the Erasmus+ project in North Macedonia as a journey full of learning, adventure, and genuinely memorable moments. One of the highlights for many of us was trying activities we had never done before — from stand-up paddling on Lake Ohrid to exploring mountain trails and discovering the beauty of nature up close. These experiences pushed us out of our comfort zones in the best possible way and helped us grow more confident and open-minded.





We also enjoyed the workshops, especially those that combined ICT with physical activity. They allowed us to learn in a creative, dynamic way and showed us how teamwork can make challenging tasks both easier and more enjoyable. Meeting students from other countries was another part we truly valued. We formed friendships, shared ideas, and felt a strong sense of connection despite coming from different cultures.



The cultural aspect of the project left a big impression on us as well. Getting to know Macedonian history, traditions, and daily life made the entire experience richer and more meaningful.



Overall, we returned home feeling grateful. This project gave us new skills, unforgettable memories, and friendships we hope will last — and it reminded us how exciting learning can be when it happens beyond the classroom.





Five of us spent an unforgettable week in North Macedonia, discovering the culture, people, and innovative technologies of the city of Bitola. This mobility was part of the Unity in Motion Erasmus+ project and gave us the chance to represent SU Hristo Botev, Vratsa abroad after hosting international guests earlier in the year.

From the moment we arrived, Bitola impressed us with its elegant atmosphere and warm hospitality. We were officially welcomed at SOU “Taki Daskalo,” where we felt truly valued as guests. Meeting the mayor of Bitola was a special moment; his words about friendship between young people in the Balkans made us feel proud and motivated.

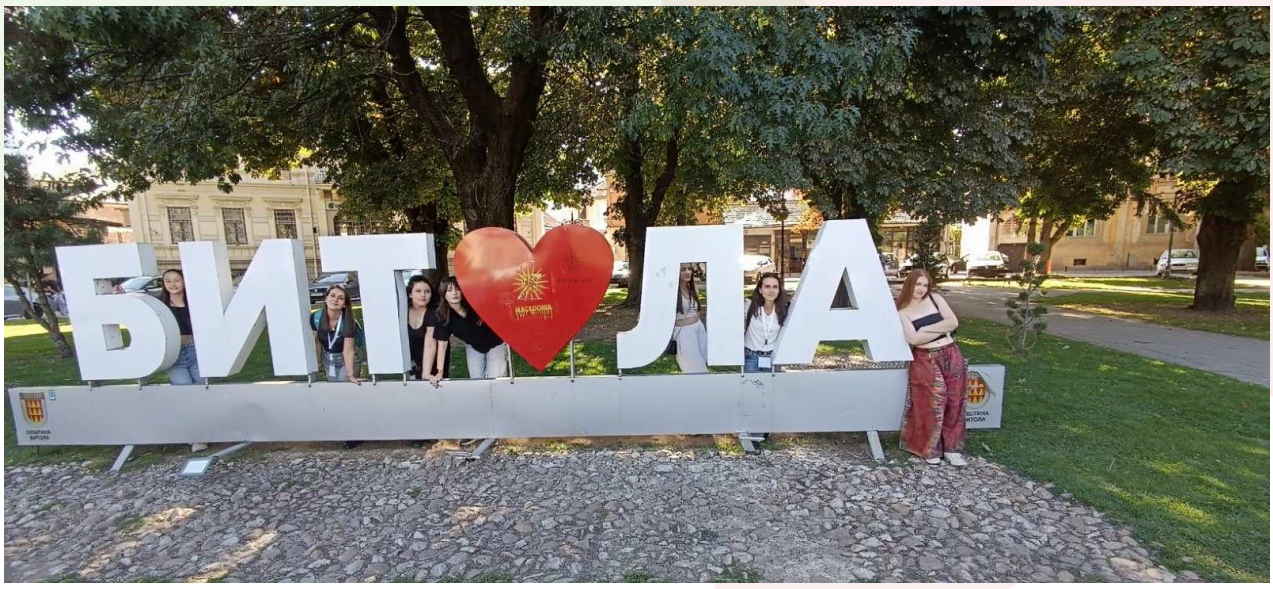


One of the most exciting experiences took place at the local university. We tested future technologies using VR simulators, where we practiced car painting and welding in a fully virtual and safe environment. The IT Dome amazed us as well—it felt like stepping into a science fiction movie.



Our trip to Ohrid was full of emotions. SUP paddling on the lake, singing together in the ancient theatre, and hiking in Pelister National Park along a historic World War I trail the next day left us with some truly unforgettable moments. Most of all, we valued the friendships we built with our Macedonian peers. We left Bitola inspired, more confident, and certain that education and friendship know no borders.



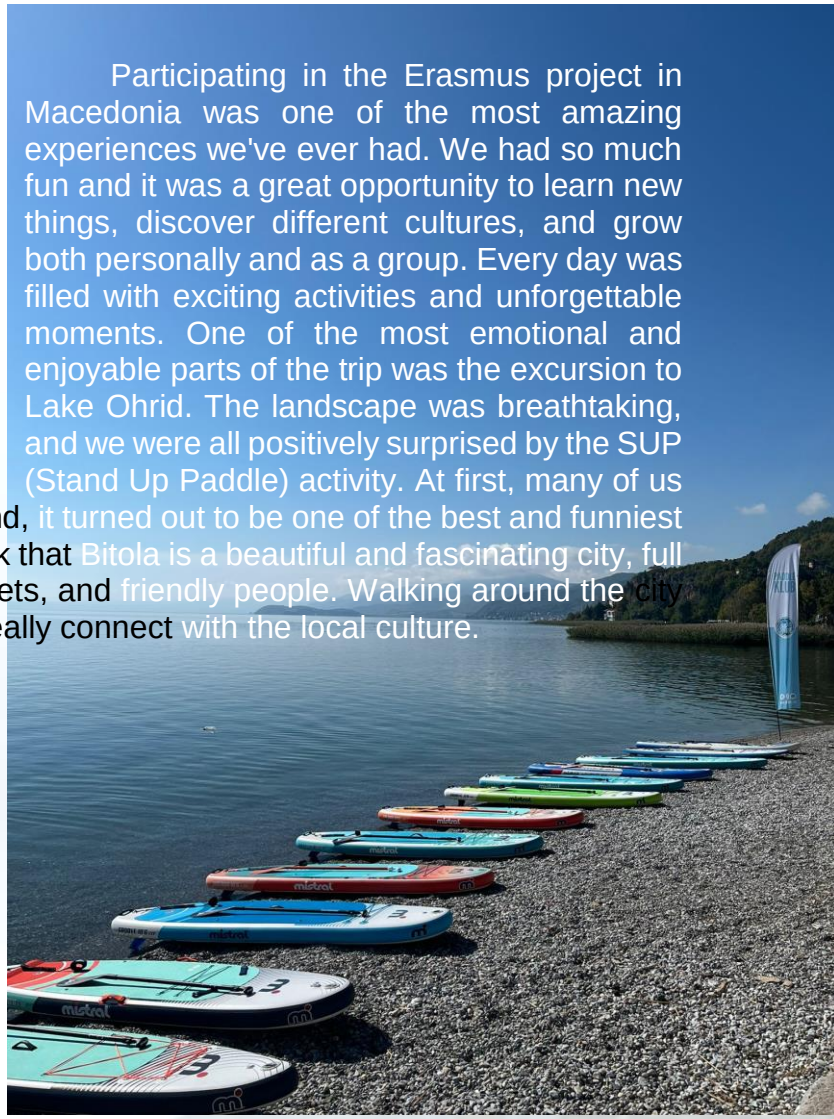




Participating in the Erasmus project in Macedonia was one of the most amazing experiences we've ever had. We had so much fun and it was a great opportunity to learn new things, discover different cultures, and grow both personally and as a group. Every day was filled with exciting activities and unforgettable moments. One of the most emotional and enjoyable parts of the trip was the excursion to Lake Ohrid. The landscape was breathtaking, and we were all positively surprised by the SUP (Stand Up Paddle) activity. At first, many of us were unsure about trying it, but in the end, it turned out to be one of the best and funniest experiences of the project. We also think that Bitola is a beautiful and fascinating city, full of history, charming streets, and friendly people. Walking around the city gave us the chance to really connect with the local culture.





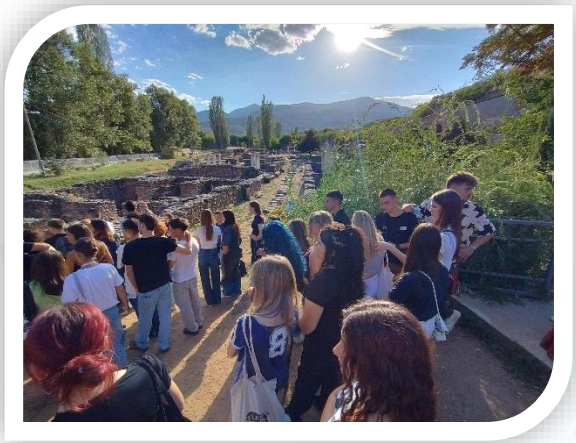


What made this experience even more special was the strong bond of friendship we built with our host families and with the other Erasmus participants. We are extremely happy to have made such deep connections that we will carry with us for a long time. It was truly a once-in-a- Lifetime and we would like to thank our Macedonian hosts for making it unforgettable

Valsasna Viola, Montinaro Gemma, Amato Andrea, Renna Sara, Giovinazzo Beatrice.



A TOWN WITH A LOT OF PERSONALITY



Sondre, Thora, Andreas, Henrik and Kristoffer arrived in Bitola Sunday evening, and the students went home with their host students. There were many hugs and happy reunions.

Monday morning we met in school, for presentations of the teams and getting to know the school. The school is much bigger than ours and has many rooms with specialized equipment for the subjects.

The students took us for a guided tour of the town, and we saw a lot of nice architecture from many time periods. We also went to the former military high school where Atatürk was a student, and we saw mosques and churches side by side. The town really is a melting pot with a long history!



We lived with nice host students and families, and they treated us very well. The food was fresh and very good. Tuesday and Wednesday we visited the Faculty of Information and Communication Technologies and tried 3D-welding and spray painting as well as making a 360 degree-film. Interesting to see the innovation and the possibilities!



Thursday we went to Stand up paddle, which was fun. We also did sightseeing in beautiful Ohrid. Friday we visited the Pellister National Park and walked a trail with trenches from the First World War. A beautiful place with a dramatic history. When we arrived, we got a really tasty tea made from plants from the area!

We had a lot of fun and good moments on our mobility in Bitola, and we keep a lot of good memories. A town with a big heart!









Mobility Italy

MARTANO, NOVEMBER 2025

"Unity in Motion" was an unforgettable experience that not only helped us improve our level of English, but also brought us together. We hosted foreign students, with whom we shared joy, melancholy and thanks to them, we were able to go out of our comfort zone.

Throughout the week, we participated in a variety of school activities and guided tours led by us students. Every moment was filled with laughter and jokes, but also serious conversations about our cultural differences.

The experience ended with a farewell party organized by us together with our teachers. It was a joyful evening of music, dancing, and shared memories, but at the same time we were saddened by the fact that this experience was coming to an end.



"Unity in Motion" was more than just a project. It was a journey of exploration, bonding, and growth. We embraced our guests with our true spirit and when they left, we became completely new people with new values: open-mindedness, self-assurance and a cultural awareness. We returned to our routines changed, more aware, more united, and much more mature than before.

Thanks to this project, we are now friends with people from other countries, such as Norwegians, Bulgarians, Portuguese, Croatians and Macedonians. Friendships wouldn't have been born if we hadn't hosted them in Italy.







FROM INLAND-NORWAY TO THE HEEL OF ITALY



When you travel 3000 kilometers in one day, you need to set out early. We left Trysil in the middle of the night and arrived in Martano in the evening. In Martano people were hospitable and very welcoming. A fun observation we soon made was that Italians use a lot of body language when speaking!



The topic for this mobility was Social Sciences, citizenship and being a part of community. We had an activity where we had to choose if we agreed or disagreed with different statements. This activity helped us see how similar we all are, even though we come from completely different countries in different parts of Europe.

Before coming to Martano, the classes of Mathias, Mattis and Viola had prepared posters and presentations about how Trysil videregående skole is socially committed and how students are represented in school life and other organs. Luckily, Benjamin and Felicia also helped present.



We did group work to learn new things about citizenship and about being physically active. It was also a nice experience to see and learn how our hosts and host families live their lives and how daily life is both similar to and different from daily life in Norway.

While we were in Martano we also got to visit towns nearby and see the beauty of Italy's heel. Key values we take from this mobility are cultural exchange and understanding, friendship and community. Grazie mille – tusen takk!





ERASMUS+ ITALY



Participating in the Erasmus project in Italy was one of the greatest experiences we have ever had. Our group consisted of five students and two professors, and from the moment we arrived, we felt excited and curious about what awaited us.

The first day was rainy but the rest of the week was sunny and warm, so all our activities were much more enjoyable. We were warmly greeted at the school in Martano, where we explored the school environment and participated in a series of activities that helped us get closer to all of the students. Everybody was open and friendly, and we started communicating instantly.

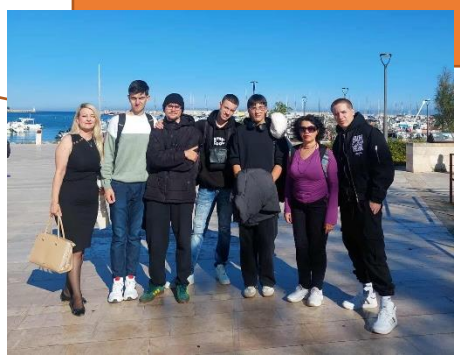


During the whole week, we had the chance to visit beautiful cities such as Lecce, Alberobello, and Otranto. Every place was special, with their historical streets and impressive architecture or traditions.

Exploring these places helped us learn more about and appreciate Italian culture. The most interesting thing was the balance between learning, finding out about new places, and spending time with new friends. At the end of the week, we felt that we have managed to create strong bonds that we would remember forever.

The Erasmus experience has shown us much about collaboration, cultural exchange, and independence, which we will remember for a long time.









Our Erasmus experience in Martano, Italy, was extremely positive and truly unforgettable. From the very first day, we were warmly welcomed by the students, teachers and host families, who made us feel comfortable and fully integrated.



This welcoming environment helped us adapt quickly and enjoy every moment of our stay. During this experience, we had the opportunity to discover a new culture, learn about Italian traditions and customs, and taste typical Italian food, which was one of the highlights of the trip. We also took part in several educational and cultural activities that allowed us to share ideas, work as a team and improve our communication skills in foreign languages, especially English.





Martano is a beautiful town with a rich cultural heritage, and the kindness and hospitality of its people made our experience even more meaningful.

Throughout this Erasmus project, we became more independent, responsible and confident.



We returned home with unforgettable memories, new friendships and valuable life experiences that will stay with us forever. It was, without a doubt, an enriching experience that we would be happy to repeat.





Participating in the Erasmus+ project in Italy was one of the most unforgettable experiences of our lives. For many of us, it was the first time flying, which made the trip feel exciting even before we arrived. During our stay in Martano and our visits to other towns in southern Italy, we explored Italian culture, history, and everyday life through workshops, activities, and sightseeing. Highlights included Alberobello, with its unique trulli houses, and the Naturalis resort, which felt almost magical.

And yes – the food absolutely lived up to the hype. Tasting real Italian dishes like pasticciotto and gelato was a dream come true, and we quickly learned that “just one more bite” in Italy is a slippery slope. Staying with host families helped us improve our language skills and understand their traditions in a way no textbook ever could.





What truly shaped the experience were the friendships we made. We met so many different and interesting people, and despite coming from different cultures, we connected easily and naturally. Every day brought new challenges, laughs, and discoveries. By the end of the project, we felt more confident, open-minded, and ready for new adventures. This journey gave us memories we’ll keep for life and showed us how rewarding it is to step outside our everyday routine.







Our mobility experience in Italy was an inspiring and personal journey that we will always remember. Traveling from Vratsa to Martano filled us with excitement, and from the very beginning we felt welcomed by the town's calm atmosphere and the kindness of the people.



At S. Trinchese, we were warmly received by the school community. Touring the school and taking part in joint activities helped us quickly feel like part of everyday school life. Meeting the mayor of Martano showed us the importance of cooperation between schools and local institutions. Exploring the town guided by our Italian peers was especially enjoyable and helped us better understand their culture.



We also visited Lecce, where we admired the beautiful architecture and learned about the city's history through presentations prepared by Italian students. Sports activities such as archery and gymnastics created a relaxed and friendly atmosphere, while presenting posters about social activities and student involvement allowed us to exchange ideas and learn from one another.

One of the most memorable moments was our visit to Naturalis Bio Resort and Spa. The owner gave us an inspirational talk about life while showing us how to care for an aloe vera plant, teaching us to act with care, patience, and perseverance about everything in life.



Our trips to Alberobello and Otranto were unforgettable, especially the trulli houses and the Adriatic Sea. Our journey ended in Rome, leaving us with lasting memories and friendships.



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UNITY IN MOTION



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